4th copy

THOMAS PRINTZ' PRIVATE BULLETIN

A WEEKLY RELEASE OF ESOTERIC TEACHINGS
AVAILABLE ONLY, BY REQUEST, TO "THE BRIDGE" SUBSCRIBERS

Kindly address all communications re Bulletin to
"THE BULLETIN", R.F.D. 1 - Box 321, Charlottesville, Virginia U.S.A.

FOOD → Preparing food cooking ETC!

May 8th. 1960. VOL.9 NO.6.

Beloved Children of My Heart:

There are more ways than one of allowing the Spirit of God to animate the four lower bodies of man. If you could see, for instance, the sparks of Light directed from your fingertips even when you are preparing and cooking dinner, and the substance of your Light that goes into the food, you would be amazed of how much of your life energy you have charged into the repast that you are presenting at your table.

One of the most important and least understood activities of Life is that the radiation of thoughts and feelings which go into the preparation of food affects everyone who partakes of it. This activity should be peaceful, unhurried and happy.

It would be better that an individual did not eat at all than to eat food which has been prepared under the thoughts and feelings of depression or any other destructive outward pressure, because the substance of the lifestream preparing it, flows into that food and is eaten and actually becomes part of the Energy of the receiver. In the Eastern countries, the Gurus only eat food prepared by their own chelas, and this is the reason therefor.

For those of My chelas who have the responsibility of preparing food for themselves and others, I suggest that they charge into it as they work, Happiness, Peace, Purity, Opulence, Health and Freedom so that the partakers thereof shall be uplifted pnysically, as well as spiritually.

— over to 9th Letter → bottom-V

Love and Blessings
MAHA CHOHAN

= -

Good Friends:

We thank you for the encouragement of your faithful letters and for your financial assistance in helping to disseminate the Ascended Masters' Words.

THE BULLETIN SERVICE.

THE BRIDGE TO FREEDOM, INC. MAY 1960 SPONSOR GIFT

OUR BELOVED MAHA CHOHAN
speaks on the qualification
of energy around the individual
electron.

* * * *